

Elmbridge Centres for the Community

activities programme

w/c 6 May 2024

Elmbridge Dementia Services are now running social clubs at Claygate and Walton Centres on Tuesdays, Wednesdays and Fridays. For more info please visit elmbridge.gov.uk/dementiaservices

Our Centres for the Community offer a warm welcome and a place where members can enjoy a range of activities and services.

From Monday 29 April, all our Centres will be open on Mondays, Tuesdays, Thursdays and Fridays. from **10am-3pm**.

All Centres offer a three-course lunch from 12 noon to 1pm, except for the Community Café at Hershams Centre which offers a selection of meals throughout the day.

You can find details of all our Centres for the Community at elmbridge.gov.uk/centres

Monday 6 May

All Centres will be closed for the May Bank Holiday.

Tuesday 7 May

Activity	Time	Location
Foot Care	9.30am-12.30pm	Weybridge
Breakfast	10am-11am	Hershams
Gym Circuits Class	10am-11am	Cobham

Bridge	10am-12noon	Hersham
Scrabble	10am-12noon	Hersham
Tea Bar	10am-1.30pm	Hersham
Social prescribing	10am -2pm	Cobham
Tea bar	10am-2.30pm	Claygate, Cobham, Molesey, Walton, Weybridge
Beautician	10am-3pm	Walton
Dementia Social Club	10am-3pm	Claygate, Walton
Hairdressing	10am-3pm	Hersham
Canasta	10.15am-12.15pm	Walton
Community Exhibition Workshop	10.30am-11.30am	Walton
Bridge	10.30am-11.45am	Walton
Flower arranging	10.30am-11.45am	Cobham
Quiz	11am-11.30am	Molesey
Chair yoga	11am-12noon	Cobham
Gym	11.15am-3pm	Cobham
Lunch	11.30am-1pm	Hersham
High Tea Special Lunch	12noon-2pm	Cobham
Knit and sew circle	12.30pm-2.30pm	Molesey
Pump-it weightlifting class	12.30pm-1.15pm	Cobham
Bingo	1pm-1.45m	Walton
Chatty Café	1pm-2pm	Cobham
Quiz & Bingo	1pm-2pm	Cobham
Yoga	1pm-2pm	Molesey
Art Group	1pm-3pm	Weybridge
Quiz	1.15pm-2.15pm	Claygate

Zumba	1.30pm-2.30pm	Hersham
Cobham Voices Community Choir	1.45pm-2.45pm	Cobham
Pilates	2.10pm-2.55pm	Walton

Thursday 9 May

Activity	Time	Location
Breakfast	10am-11am	Hersham
Art Club	10am-11.30am	Walton
Friendship Group	10am-12noon	Hersham
Knit and Natter	10am-12noon	Hersham
Chess Club	10am-12.30pm	Hersham
Podiatry	10am-2pm	Walton
Beauty services	10am-2pm	Claygate
Hairdressing	10am-2pm	Claygate, Molesey
Tea bar	10am-2.30pm	All Centres
Gym	10am-3pm	Cobham
Chair based exercise	10.15am-11.15am	Claygate
Yoga	10.15am-11.15am	Walton
Creative session	10.30am-11.30am	Cobham
Mat Yoga	11am-12noon	Cobham
Lunch	11.30am-1pm	Hersham
Elmbridge CAN Refugee Support Group	12noon-2.30pm	Walton
Bingo	1pm-2pm	Cobham, Weybridge
Community Exhibition Workshop	1pm-2pm	Hersham

Games Afternoon	1.15pm-2.15pm	Claygate
Circuits class	1.30pm-2.30pm	Walton

Friday 10 May

Activity	Time	Location
Breakfast	10am-11am	Hersham
Chelsea FC exercise class	10am-11am	Cobham
Games	10am-11am	Molesey
Elmbridge CAN ESOL class	10am-11.30am	Walton
Boomerang Bags	10am-12noon	Cobham
Hairdressing	10am-2pm	Molesey
Dementia Social Club	10am-3pm	Claygate, Walton
Hairdressing	10am-3pm	Hersham
Tea bar	10am-2.30pm	All Centres
Arts and Craft	10.15am-11.15	Claygate
Quiz	10.30am-11.30am	Hersham
Tai Chi	10.45am-11.45am	Molesey
Table Tennis	11am-12noon	Cobham
Gym	11.15am-2.30pm	Cobham
Lunch	11.30am-1pm	Hersham
Tai Chi	12.30pm-1.30pm	Molesey
Bingo	1pm-1.45pm	Walton
Reminiscence Club	1.15pm-2.15pm	Hersham
iPad class	2pm-3pm	Molesey
Tai Chi	2.30pm-3.30pm	Walton